



Holiday Equipment List – Highland New Year

	Low level walks	High level walks	Tick when packed
To wear:			
3 season walking boots – not fabric	Essential		
4 season walking boots		Essential	
Comfortable walking socks	Essential	Essential	
Warm hat and gloves	Essential	Essential	
Gaiters	Essential	Essential	
Warm trousers or salopettes (NOT denim)	Essential	Essential	
Warm long sleeve wicking shirt	Essential	Essential	
Warm long sleeved thermal vest	Recommended	Essential	
To carry:			
30 – 35 Litre rucksack with liner	Essential		
40 - 45 Litre rucksack with liner		Essential	
100% waterproof and breathable jacket with hood (NOT a cape)	Essential	Essential	
100% waterproof trousers or over-trousers	Essential	Essential	
Fleece jacket	Essential	Essential	
Survival bag and whistle	Essential	Essential	
Small personal first aid kit	Essential	Essential	
Share of group safety equipment – supplied by C-N-Do	Essential	Essential	
Packed lunch – supplied by C-N-Do	Essential	Essential	
Thermos flask for hot drink	Essential	Essential	
Sun cream screen	Essential	Essential	
Mitts	Recommended	Essential	
Extra hat and gloves	Recommended	Essential	
Extra warm clothing	Recommended	Essential	
Head torch and spare batteries	Recommended	Essential	
Ice axe – can be supplied if you let us know in advance		Essential	
Crampons – can be supplied if you let us know in advance		Essential	
Snow goggles		Essential	
Walking poles	Recommended	Recommended	
Small plastic sandwich box	Recommended	Recommended	
Sun glasses	Recommended	Recommended	
Map and compass	Recommended	Recommended	
Water container	Optional	Optional	
Camera, binoculars	Optional	Optional	
Items in a <u>small holdall</u> – maximum weight 10kg/22lb:			
Change of clothing		Essential	
Overnight items		Essential	
Personal medicines		Essential	
Comfortable shoes		Essential	
Change of walking socks		Essential	
Torch		Essential	
Towel, soap and toiletries		Essential	
Ear plugs		Optional	
NB: Sleeping bags are NOT required			

You must ensure that you are adequately clothed and equipped for your holiday. If you are short of any item, we have a small stock of equipment for hire for a small charge. Please return your equipment hire form as soon as possible as items are limited. Winter boots in particular are limited and not all sizes may be available. Should you arrive for your holiday without items deemed to be essential for safety reasons, you may be required to hire or purchase them. We ask for your co-operation in helping to carry a share of the group safety equipment.

C-N-Do is a Páramo Outdoor Clothing Premier Retailer and is pleased to offer holiday clients a 10% discount on purchases from our shop or online store.

Baggage space in our mini-buses is limited. Please do endeavour to ensure that your bag is of manageable proportions – one soft holdall or flight bag which should be below 10kg (22lbs) in weight and at most 60x30x25cm (24"x12"x10") in size, plus your rucksack. We would really appreciate it if you can keep within this limit to avoid us overloading our transport or compromising health and safety. If this is a problem you can store extra baggage at our office in Stirling.